

Perspectives

Horizons Unlimited Inc.—Sponsor of the Child and Adult Care Food Program

Very Important Program Pointers

Volume 18 Issue 200

February 2012

Wellness Trainings

This training will focus on implementing child care wellness policies that concentrate on improving the nutritional quality of menus, encouraging physical activity, and sharing information with parents of children in care. Changes to the dietary guidelines recommended by the American Academy of Pediatrics and the Institute of Medicine will be introduced. This workshop is for all regulated childcare providers and fulfills the training requirement for family child care providers who have been named Wellness Grant pilot sites. The workshop is funded by the WI DPI through a grant from the USDA.

The training is open to all Food Program Participants but is **not required unless you are a selected pilot site.**

Trainings Available in our Area:

Appleton, WI

March 20th 6:30—8:30pm
Fox Valley Technical College
Room A161A

Green Bay, WI

March 22nd 6:30—8:30pm
Northeast WI Technical College
BI 326 (Business/Industry Bldg)

Register at:

Www.foodprogramwi.org or call
800-261-9176.

We are now using a new version of Minute Menu Kids. It has many wonderful new features that we are all learning and adjusting to.

If you are not using the program and would like to review and try it out just do the following.

Go to minutemenu.com
Login username: 274006789
Password: apple

If you decide you'd like to switch from recording manually to this feature just give us a call. IT IS SO MUCH BETTER than paper!!



PAYMENTS

Reimbursements for the most current claim are paid the first Monday of every month. (January will be paid the first Monday of March)

A late claim or any adjustments are paid the second Monday of the month. (January late claim or adjustment will be paid the second Monday of April)

Inside this issue:

Very Important Program Pointers	1
Nutrition Note	2
Lunch Ideas and Recipes	3
Word Search/ Let's Get Moving	4



HORIZONS IS NOW ON FACEBOOK CHECK US OUT!

- Articles
- Recipes
- Ideas



Have your parents join us too!

<http://www.facebook.com/#1/HorizonsFoodProgram>



NUTRITION NOTE

Menu Planning Tips for Variety



AS you plan meals for children.....

Keep in mind that it is important to obtain nutrients from a variety of foods. Serving a variety of foods is the best way to provide children with adequate calories as well as nutrients and also develop healthy eating habits.

Main Dishes:

- Plan a different type of meat alternate for each day in the week. Use a variety such as eggs, beef, beans, fish, poultry, ham, low-fat cheese, low-fat yogurt, etc.
- Vary the type of main courses you serve. For example soup one day, sandwich the next, casserole the third day and salad on another. **Avoid** planning spaghetti every Monday and macaroni n cheese every Tuesday.

Vegetables and Fruits:

- Plan to serve seasonal fruits and vegetables when they are plentiful, reasonably priced and are at the peak of quality.
- Include raw and cooked vegetables and/or fruits. The same vegetable can be served in different forms during the week or month. For example, potatoes can be served mashed, baked, oven fried or in the form of potato salad. This will also introduce variety in texture of foods to children.
- Limit juices to three times per week, preferably during snacks. Fresh fruit is a better choice. Do not serve juices during lunch or dinner.
- Include fruits and vegetables rich in Vitamin C everyday and fruits and vegetables rich in Vitamin A at least 3-4 times per week.
- Plan to include vegetables and fruits during snacks. Fruits and vegetables add color to the meal and make it more eye appealing.

Grains and Breads:

- Plan to serve a different type of bread/ grain each day. Breads can be in the form of noodles, rice, pasta products, rolls, sandwich buns, cornbread or biscuits, whole wheat crackers etc.
- Make at least half your grains whole. For example, if you have served cereal with milk for breakfast, plan to serve whole wheat bread for lunch or if you have served oat meal for breakfast, white bread can be served during lunch.
- Limit use of sweet grains/ breads at breakfast and at snacks. You can do this by including cereals with less sugar and those that have more fiber. Vary between hot cereals (like oatmeal, cream of wheat) and cold cereals. €



FEBRUARY LUNCH IDEAS

VISIT WWW.HORIZONSUNLIMITED.ORG FOR MORE MENU IDEAS!

1% Milk HM Chicken Soup Carrots Kiwi Crackers	1% Milk Cheddar Cheese Broccoli Strawberries WW Bread	1% Milk Tuna Salad Peas *Valentine Salad WW Toast	1% Milk Hard Boiled Eggs Hash Browns Green Beans WW Bread	1% Milk * Heart Shaped Pizza Applesauce Mixed Veggies Pizza Crust
----------------------------------------------------------------------	---------------------------------------------------------------------------------	-----------------------------------------------------------------------------	-------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------

Recipe of the Month

HEART SHAPED PIZZA

- Pizza crust, in a tube
 - 1 (14 ounce) can pizza sauce
 - 3 cups shredded mozzarella cheese
 - 2 ripe tomatoes, sliced
 - 1 zucchini, sliced
 - 1 (2.25 ounce) can sliced black olives
1. Preheat oven to 400 degrees F (200 degrees C).
 2. Divide the dough into two portions. Shape each into the shape of a heart about 1/2 inch thick. Brush with olive oil, and spread a thin layer of pizza sauce on each pizza.
 3. Sprinkle cheese over pizza sauce, and arrange tomatoes, zucchini and sliced olives on top.
 4. Bake for about 15 to 20 minutes, or until cheese has melted and crust is browned.



snack of the Month

VALENTINE SALAD

- 1 (6 ounce) package strawberry flavored gelatin
- 2 cups boiling water
- 1 (16 ounce) package strawberries, partially frozen
- 2 bananas, peeled and diced
- 1 (20 ounce) can crushed pineapple, drained
- 1 (8 ounce) container frozen whipped topping, thawed (optional)

In a medium saucepan over high heat, bring water to a boil and add gelatin. After gelatin has dissolved, add strawberries, bananas and pineapple, mix well; remove from heat.

Spoon mixture into individual heart molds or a 9x13 inch baking dish. Chill until firm. Cut into heart shapes with a cookie cutter.

Top each serving with whipped topping, if desired; serve.

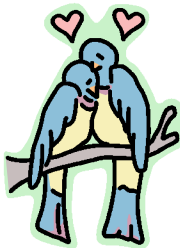
Word Search: MY Favorite Valentine Things

HEARTS
RED
LOVE
KINDNESS
CARDS
PARTY
PINK
KISS

HUGS
CHOCOLATE
FLOWERS
GIFTS
ICE CREAM
JEWELRY
VALENTINES
CHARITY

E	T	A	L	O	C	O	H	C	F	I	O
K	Q	D	F	E	R	T	U	I	L	C	T
I	U	S	S	I	K	K	G	C	O	E	I
N	C	H	E	A	R	T	S	E	W	C	I
D	H	O	R	N	D	E	E	C	E	R	K
N	C	H	A	R	I	T	Y	R	R	E	S
E	L	M	N	E	R	T	D	E	S	A	S
S	C	A	R	D	S	O	N	U	K	M	K
S	S	D	R	I	T	T	H	E	A	R	N
K	G	I	F	T	S	E	V	O	L	F	I
I	L	O	F	E	R	R	Y	T	R	A	P
S	J	E	W	L	E	R	Y	L	O	V	V

What do you call two birds in love?



Tweet Hearts

Let's Get Moving!

VALENTINES DAY CREATIVE MOVEMENT

Act out the following verse together:

Let's be friends on Valentines Day,
We'll show love in so many ways.
I'll blow you a kiss, Catch it in your hand,
Throw it back, watch it land.
Now be my partner and let's dance to the music,
It's so nice to have a friend like you,
Not just for today but the whole year through!



CACFP -
where healthy eating
becomes a habit.

Perspectives is published monthly by Horizons Unlimited, Inc. a sponsor of the Child and Adult Care Food Program.
Phone: 920-826-7292 or 1-800-261-9176 Fax: 1-920-826-5308 E-mail: horizons@bayland.net
Linda Leindecker, Executive Director Jenna Van Den Wildenberg, Field Representative

"In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights (Office of Adjudication), 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). TDD users can contact USDA through local relay or the Federal Relay at (800) 877-8339 (TDD) or (866) 377-8642 (relay voice users). USDA is an equal opportunity provider and employer."